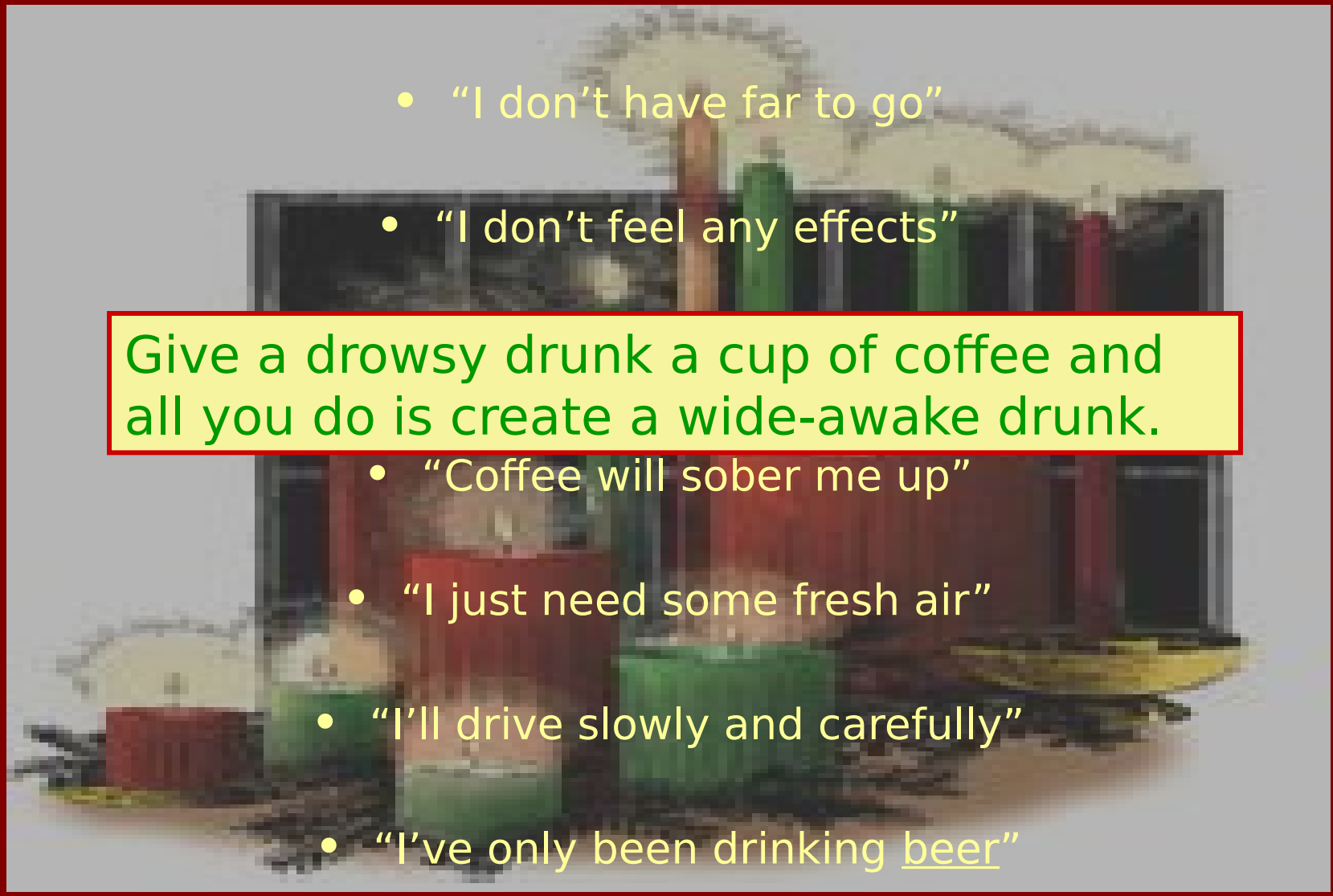
THINK BEFORE YOU

Created on 11/7/03-by I. Walsh-Brown

… AND DRIVE

MYTHS ABOUT DRINKING



- "I don't have far to go"
- "I don't feel any effects"

Give a drowsy drunk a cup of coffee and all you do is create a wide-awake drunk.

- "Coffee will sober me up"
- "I just need some fresh air"
- "I'll drive slowly and carefully"
- "I've only been drinking beer"

FACTS ABOUT DRINKING ALCOHOL

- One 12-ounce can of beer, one 4-ounce glass of wine or one mixed drink with 1 1/4 ounces of 80-proof liquor are equally intoxicating.
- Food
- There are dozens of factors that affect reaction to alcohol — body weight, time of day, body chemistry, etc.

Time is the only cure. It takes the body about one hour to eliminate a 12 ounce can of beer or a 4-ounce glass of wine.

How to Spot a Drunk Driver

A driver under the influence of alcohol may:

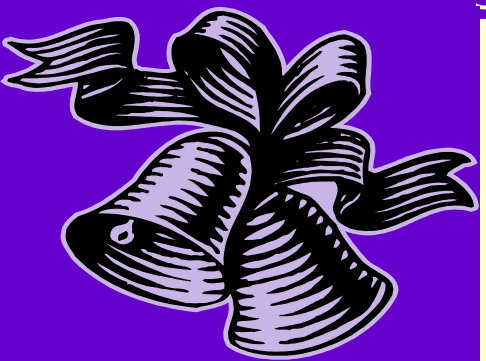
- Drive with the window rolled down in the cold
- Pass dangerously close to other cars
- Forget to use headlights
- Make wide turns
- Tailgate

The Drunk Driver is not the only one at risk....

WE ALL ARE!

What Can You Do To Stop Drunk Driving?

- Designate a driver ahead of time- A designated driver is a non-drinking driver
- Take a cab or public transportation
- Make a reservation and spend the night
- Sip your drinks, consume food and alternate with non-alcoholic beverages
- Ask about a ride home if you have been drinking to the point of impairment
- Don’t give in to peer pressure



If You Are Hosting A Party Some Ideas Are:

- Encourage guests to designate a driver ahead of time
- Collect each non-designated driver's keys upon arrival
- Know your guests' condition before returning their keys when they leave
- Plan activities so that drinking is not the main focus

If You Are Hosting A Party Some Ideas Are:

- Serve non-alcoholic beverages and a variety of food
- Mix alcohol punch with fruit juice to slow the absorption rate of alcohol into the blood stream
- Designate one person to serve as the bartender
- Stop serving alcohol one-two hours prior to end of party
- Offer safe ride home or sleepover.

Alcohol Awareness

- If You Drink Don’t Drive.

- Contrary to popular belief, the human liver can only burn (Metabolize) ¼-1/2 OZ of pure alcohol per hour.
- “One drink per hour and I can still drive” is False.

Alcohol Awareness Cont.

- One 12 OZ American Beer (3.6 - 4.6%)

  Equals ½ OZ pure alcohol

  - Raises average person's BAC

.03

Alcohol Awareness Cont.

- One 5 OZ Glass of wine

Equals ½ OZ pure alcohol

- Raises average person’s BAC to approx

.03

Alcohol Awareness Cont.

- One 12 OZ Wine Cooler =

Slightly less than ½ OZ pure alcohol

- Raises average person's BAC

.02 - .03

Alcohol Awareness Cont.

- One shot of Distilled alcohol = ½ OZ of pure alcohol

- Raises average person’s BAC to approx

.03

Alcohol Awareness Cont.

German Alcohol vs. American:

- One ½ Liter German Beer (4.6 - 5.7%)
  Equals ¾-1 OZ pure alcohol

- Raises average person's BAC

.04-.06

Alcohol Awareness Cont.

German “MASS”:

- Average Alcohol Content (4.6 - 5.7%)
  1 to 2 OZ pure alcohol

- Raises average person’s BAC

.07 - .14

Alcohol Awareness Cont.

German Wine Glass:

Average alcohol content

7.5% to 13%

½ to ¾ OZ of pure alcohol
raises average person’s BAC

.03 - .05

Alcohol Awareness Cont.

German Wine Cooler:

Average alcohol content

4.6% to 6.5%

½ to ¾ OZ of pure alcohol
raises average person's BAC

.03 - .04

Alcohol Awareness Cont.

German Distilled Alcohol:

Average Alcohol Content

35% to 50%

½ to 1 OZ of pure alcohol
raises average person’s BAC

.03 - .07

GERMAN LAW

- .03-.049% BAC (accident) = DWI
  Fines & Auto repairs
- .05-.079% BAC = DWI
  Fines up to € 500
- .08% BAC = DWI
  Fines & Legal fees Up to € 5000

Implied Consent

- Persons who operate a motor vehicle give their consent to chemical tests for alcohol or other drugs if lawfully stopped while driving or in physical control of a motor vehicle.

German police may forcibly administer chemical tests.

- Failure to submit will result in revocation of license.

Booze It and Lose It

Drunk driving conviction in Europe can have stateside consequences

Provost Marshal notifies the State which issued your license when your license is suspended for alcohol-related driving offenses.

Your blood-alcohol level is also reported.

SUSPENSIONS

BLOOD ALCOHOL LEVEL OF .05 TO .079%:

- POV License Suspension For 3 Months
  - Military License Suspension For 3 Months
  - Six Points Assessed On Drivers License
  - CCC Referral
  - General Officer Letter of Reprimand:

    Very High Probability

SUSPENSIONS

BLOOD ALCOHOL BETWEEN .08 TO .099%

- POV License Suspension For 6 Months
- Military License Suspension For 6 Months
- Six Points Assessed On Drivers License
- CCC Referral
- General Officer Letter of Reprimand:

  Very High Probability

REVOCATION

BLOOD ALCOHOL OF .1% AND ABOVE

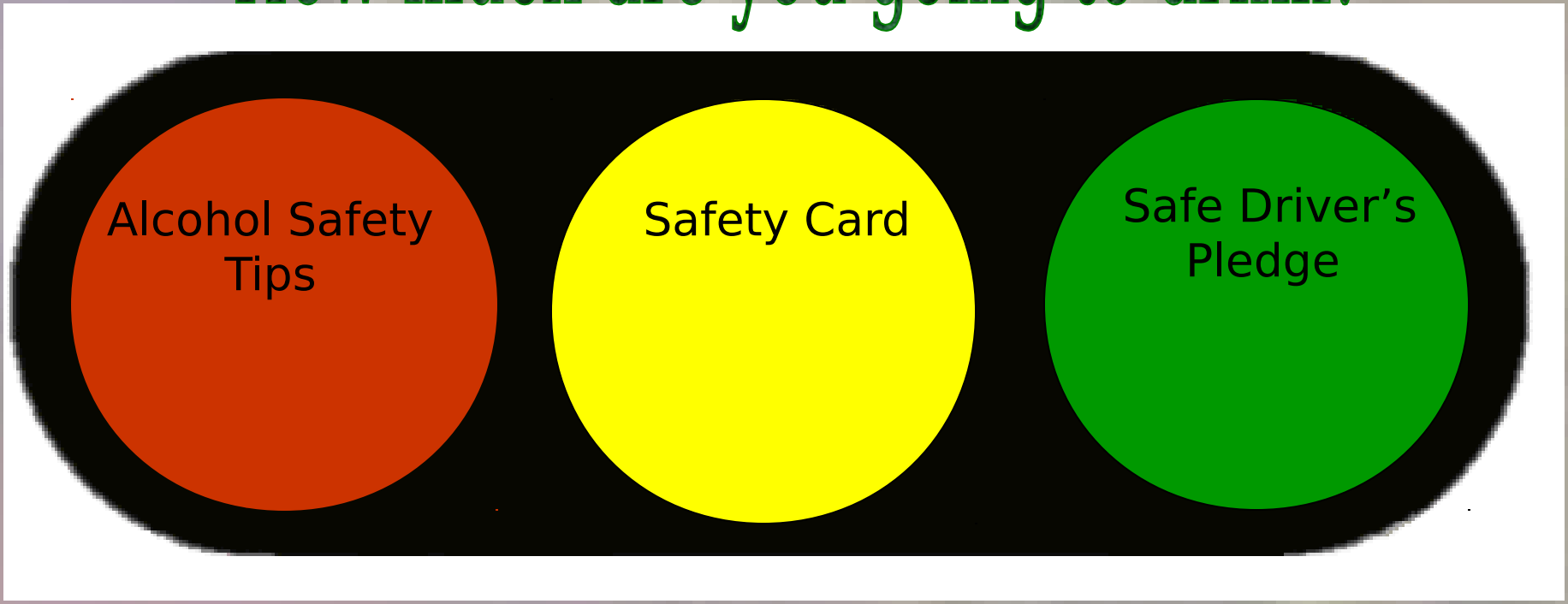
- **License Revoked**
  - **May Not Apply For New License For 1 Year**
  - **CCC Referral**
  - **General Officer Letter of Reprimand**

REVOCATION

- Licenses revoked for 5 years
  - For the second time within 5 years:
    - DWI
    - Refusing to take a chemical test
    - Testing positive for illegal drugs
- Licenses revoked indefinitely
  - Three alcohol-related offenses over any time period

Risk Reduction Ideas for the Soldier

How much are you going to drink?



Alcohol Safety Tips

Risk Reduction Ideas for the Soldier

- Don’t drink and drive, boat or swim
- Use designated driver when going out to drink.
- You will not be penalized for using common sense
- Carry the number to your Staff Duty Officer or Military Police when going out drink.
- Drink in moderation. Alcohol is a poison
- Do not go to unknown bars and clubs by yourself.

Safety Card

Risk Reduction Ideas for the Soldier

- Always evaluate your personal risk level
- Analyze the details of your planned travel
- Inspect your vehicle
- Let someone know where you are going, e.g. Staff Duty
- Have car fare in case of emergency

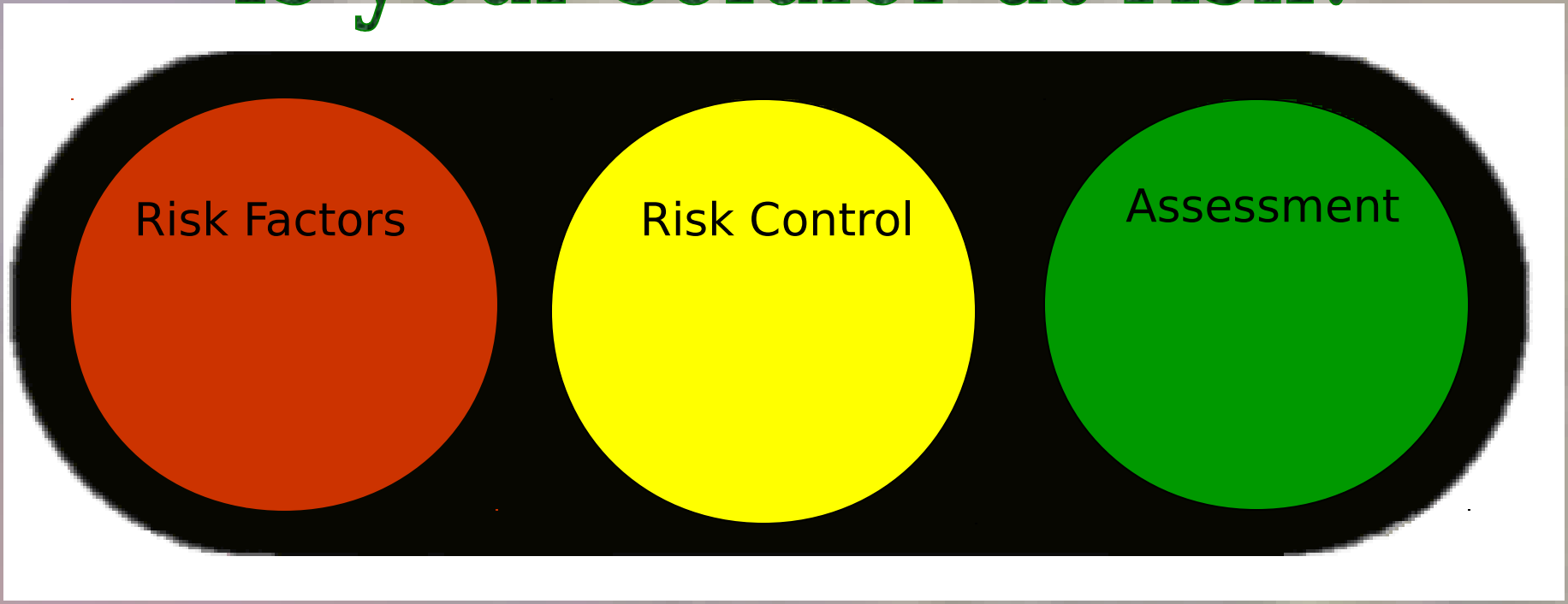
Safe Driver's Pledge

Risk Reduction Ideas for the Soldier

- Pledge to always make sure everyone buckles up!
- Pledge to obey all traffic laws and speed limits
- Pledge to be a responsible driver
- Pledge to stay alert while driving
- Pledge never to take safety for granted
- Pledge not to drink and drive

Risk Reduction Ideas for the Supervisor

Is your soldier at risk?



If you do not chose a designated driver

POLICE
One will be appointed for you

Remember, this holiday season,

Arrive Alive

Don't Drink And Drive

Question # 1

Which age group is more at risk for drunk driving incidents

A. 18-23

B. Teenagers

C. 21-34

D. All ages

Answer: C

Question # 2

Select the MYTHS about drinking and driving

A. I’m more alert after a few drinks

B. Coffee will sober me up

C. I only drink beer which does not effect me

D. Time is the only time to sober me up.

E. A, B, and C,

F. All of the above

Answer: E

Question # 3

Name the facts about drinking alcohol

A. Alcohol is a depressant, it causes you to become drowsy

B. Everybody drinks

C. Alcohol slows down your reaction time behind a wheel

D. A and C

E. All of the above

Answer: D

Question # 4

What are some risk reduction measures?

A. Go drinking with friends

B. Stop drinking after your money runs out

C. Choose a designated driver

D. How much are you going to drink?

E. All of the above

F. A, C, D

Answer: F

Question # 5

What are some dangers of driving impaired?

A. Injury

B. Death

C. Legal Consequences

D. All of the above

E. A and B

Answer: D

Question # 6

What are some safe party ideas when serving alcohol?

A. Serve a variety of foods

B. Have non-alcoholic drinks available

C. Ensure your guests get home safely

D. Have an open bar

E. A, B, and C

F. B, C and D

Answer: E

Question # 7

What are some of the legal consequences of driving while impaired ?

A. Suspension/revocation of License

B. DWI will be reported to DMV stateside

C. Monetary compensation

D. Points on your traffic record

E. All of the above

Answer: E

Question # 8

Name the steps you can take to avoid driving impaired?

A. Nothing

B. Take a cab or public transportation

C. Call your chain of command and ask about a ride home if you have been drinking to the point of impairment

D. Don’t give in to peer pressure

E. B, C, and D

Answer: E

Question # 9

What is NOT Implied Consent?

A. You have given permission for military and civilian police officers to suspend/revoke your license should you drive while under influence.

B. The Polizei may take your blood for chemical testing if they believe you are driving impaired.

C. You can be charged with DWI if found sleeping in your car under the influence.

D. Polizei may come to your home 2 hours after your car accident and request a chemical test be done.

E. None of the above

Answer: E

Question # 10

How would you spot a drunk driver?

A. Drives too slow.

B. Weaves on the road.

C. Pass dangerously close to other cars

D. Makes wide turns

E. All of the above

Answer: E

brought to you by the

Army Substance Abuse Program
Community Counseling Centers
Employee Assistance/Prevention Coordinators

EMPLOYEE ASSISTANCE PROGRAM COORDINATOR /PREVENTION COORDINATO

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